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Program Name:	ProKIDS- Nutrition & Fitness
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Ave
County:	Somerset
Phone:	(908) 595-2638
Focus:	To promote healthy eating.
Services:	        5
Population served:	All Ages.
Funded by:	External grants
Fees & Charges:	No
Other information:	

Program Name:	The 8-week Fantastic Fitness and Nutrition Program, The Blitz Weight Loss Program and Body Basics
Agency/Institution:	Somerset Hills YMCA
Address:	140 Mount Airy Road, Basking Ridge, NJ 07920
County:	Somerset
Phone:	(908) 630-3508
Focus:	
Services:	     
Population served:	 
Funded by:	Somerset Hills YMCA
Fees & Charges:	Yes
Other information:	Full gym & personal trainers




Program Name:	Healthy Dinner Out
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Ave
County:	Somerset
Phone:	(908) 595-2345
Focus:	To educate on healthy diets.
Services:	     
Population served:	Age 50+ 
Funded by:	Own funding.
Fees & Charges:	Yes
Other information:	




Program Name:	Hospital Cafeteria Food
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Ave
County:	Somerset
Phone:	(908) 685-2589
Focus:	To increase awareness of healthy choices in cafeteria food. Increase knowledge on serving sizes, portion control, calories, & fat content in various foods.
Services:	 
Population served:	Age 20+
Funded by:	Own funding.
Fees & Charges:	No
Other information:	




Program Name:	Nutrition Education Program
Agency/Institution:	Somerset County Office on Aging
Address:	Nutrition Program, P.O. Box 3000, Somerville, NJ 08876-1262
County:	Somerset
Phone:	(908) 704-6342
Focus:	To provide valuable information that helps clients manage chronic conditions to improve health status and prevent the development of health problems.
Services:	    
Population served:	 
Funded by:	County, state and federal
Fees & Charges:	None
Other information:	Meals on Wheels; Food Stamp Education






SOMERSET COUNTY

PHYSICAL ACTIVITY PROGRAMS

Program Name:	Step-up
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Ave.
County:	Somerset
Phone:	(908)685-2589
Focus:	To increase/ build extra steps in a day (up to 6,000 consistently). This is a way for people to include exercise in to their daily lifestyles.
Services:	  
Population served:	Age 20+
Funded by:	Own funding.
Fees & Charges:	No
Other information:	

Program Name:	Healthy Bones
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Ave.
County:	Somerset
Phone:	(908)595-2345
Focus:	To increase physical activity and prevention.
Services:	  
Population served:	Age 50+
Funded by:	External grants.
Fees & Charges:	Yes
Other information:	

Program Name:	ProKIDS- Nutrition & Fitness
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Ave.
County:	Somerset
Phone:	(908)595-2638
Focus:	To promote health.
Services:	  
Population served:	All ages.
Funded by:	External grants.
Fees & Charges:	No
Other information:	

Program Name:	Project Healthy Bones
Agency/Institution:	Somerset County Office on Aging
Address:	Nutrition Program, P.O. Box 3000, Somerville, NJ 08876-1262
County:	Somerset
Phone:	(908) 704-6342
Focus:	Prevent osteoporosis; halt or reverse effects of osteoporosis, improve balance to help prevent falls, and provide education.
Services:	   
Population served:	 , especially those at risk for osteoporosis
Funded by:	State of NJ
Fees & Charges:	None
Other information:	Health screenings